



***Our Vision:***

*To develop aspirational learners who strive for excellence academically, creatively and culturally, benefitting from a wide range of opportunities led by inspirational educators.*

**Food Preparation and Nutrition  
Curriculum Overview Mapping**

Year Group	Curriculum Intention	Term 1	Term 2
<b>Year 7</b>	Students will learn how to apply the principles of nutrition and healthy eating. Students will be introduced to the eat well guide, food and its nutritional value and health and safety preparing and making food. Students will learn the importance of hygiene and the potential hazards when working in the technical area. Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge: fruit salad, mini pizza, scones, fruit crumble, stir fry spiced apple muffins	Food Safety & Hygiene: Food Preparation skills	Food Preparation skills Food nutrition and healthy eating
<b>Year 8</b>	Students will know to apply the principles of nutrition and healthy eating. Students will be using the eat well guide, food and its nutritional value and health and safety preparing and making food. Students will learn the importance of hygiene and the potential hazards when working in the technical area. Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge: bread	Food Safety & Hygiene: food poisoning and pathogenic bacterial Food Science: understanding how starchy food cook using technical terms- gluten and gelatinization	Food choice and Provenance: understand the origins of food and how to reduce food waste and fair trade Food Preparation skills- sauce making, dough making, cake making pastry making Food nutrition and healthy eating- starchy carbohydrates & energy requirements

	rolls, macaroni cheese, sausage rolls, spaghetti bolognese and lemon drizzle						
<b>Year 9</b>	<p>Students will know to apply the principles of nutrition and healthy eating and using the eat well guide, focus being protein foods. Students will know the importance of hygiene and the potential hazards when working in the technical area. Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge. Students will learn about factors that influence food choice: ethical / animal welfare / environmental / health. Impact of food production on the environment, global warming. Student will learn about food provenance, where and how - rearing livestock; intensive / organic / free range</p>	Through the Disney Inspired food menu Y9 students will learn about protein and Dairy foods and make informed food choices and learn about food provenance	Through the Disney Inspired food menu Y9 students will learn about protein and Dairy foods and make informed food choices and learn about food provenance				
Year Group	Curriculum Intention	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 10</b>	<p>Students must be able to make the connections between theory and practice to apply their understanding of food and nutrition to practical preparation. Students will demonstrate effective and safe high-level cooking skills by planning, preparing dishes using a variety of cooking techniques and equipment. Students will develop knowledge and understanding of the functional properties, chemical processes and nutritional content of foods. Students will understand the relationship between diet, nutrition and health, including the physiological and psychological</p>	Food and nutrition Food preparation	Diet, nutrition and health Food preparation	Food Science - carbohydrates and protein Food preparation	Food Science - fats and raising agents Food preparation	Food Safety and hygiene Food preparation	Food choice Food preparation

	effects of different diets and health.						
<b>Year 11</b>	Students will demonstrate effective and safe high-level cooking skills by planning, preparing dishes using a variety of cooking techniques and equipment. Students will develop knowledge and understanding of the functional properties, chemical processes and nutritional content of foods. Students will understand the relationship between diet, nutrition and health, including the physiological and psychological effects of different diets and health.	Exam Set Assessment NEA 1- started Food science/safety	NEA 1- DEADLINE NEA2 – start Exam set Assessment . Student will focus Food provenance	NEA2 – Exam Set TASK Assessment Continued - student will revisit food Processing and Production	Assessment NEA2 – Exam Set TASK s DEADLINE Spring 2	Revision and Sit the Exam	

